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The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

Volume 25, Number 5

THE JOURNAL, COLEMAN, ALBERTA Wednesday, July 29, 1953

Single Copy 7c

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Improvement District Seek Lower Rate On Electricity

A joint meeting was held by ratepayers of East Coleman, Blairmore Road, Willow Drive and Grafton Town, regarding the charges for electrical power and energy in those areas. Ed Churla presided over the meeting in the Grand Union hotel last Friday night, Pete Meroniuk acting as secretary.

Considerable discussion was heard regarding the problem of high rates and large light bills with various procedures suggested. It was decided that a petition would be presented to both Coleman Collieries and the Board of Public Utilities requesting that the same rate for electrical energy and power be charged as applies to the surrounding areas. The petition has been

circulated within the areas mentioned and it is reported that a thorough coverage made with good response.

Following this meeting the ratepayers of East Coleman and Blairmore Road met to hear the report of a letter from the provincial government stating that three five gallon hand pumps had been sent, one to Willow Drive and the others to East Coleman, to serve as first aid fire fighting. The meeting was informed that the pumps for East Coleman were stationed at the residences of Pete Meroniuk and Alex. Sekella.

The Civil Defence organization has stationed two stirrup pumps in the area, these being located at the homes of Steve Mraz and Steve Liska.



Coleman Fire Fighting Team To Attend Competitions At Calgary

Coleman Volunteer Fire Brigade, originators of the Southern Alberta Hose Laying Contest, will send a four man team to the contest in Calgary, in an attempt to bring the trophy back to Coleman.

This is the first time that a Coleman team has entered the Calgary competition and all Coleman residents are certain that the boys will hold their own and be among the top contenders.

Operation Vote

DEAR FELLOW CANADIAN:

OPERATION V-O-T-E

The Canadian Legion is sponsoring a national GET OUT AND VOTE campaign through its 2000 branches across Canada.

WHY IS THE LEGION DOING THIS?

BECAUSE—one of the purposes and objects of the LEGION as stated in our Constitution, is to foster loyalty amongst the public and education in the principles of patriotism, duty and unstinted public service.

BECAUSE—in the last federal election one million and a half people eligible to vote neglected casting their ballot.

BECAUSE—its members fought in time of war, to preserve our democratic way of life from external enemies. We now propose to maintain it by defeating the most dangerous of enemies within our country—APATHY and INDIFFERENCE. This can be done only if you will assist us by using every opportunity to urge your fellow citizens to "GET OUT AND VOTE" on August 10th and do so yourself.

In the 1949 federal election 75 percent of Canada's eligible voters went to the polls. Here are the voting records of some other democratic countries:

Italy (1953)	93%
Belgium (1950)	90%
England (1951)	83%
Sweden (1951)	80%

CAN CANADIANS REALLY AFFORD TO DO LESS.

"Throughout the nation, many people are still apathetic about our democratic form of government and fail to understand the danger that awaits the unwary nation in which citizen's losses sight of their responsibility to exercise their franchise, and to exercise it intelligently. We should take a lesson from current history which has demonstrated that when the majority of people are indifferent to their freedom, some well organized force usurps the power that rightly belongs to the people as a whole.

These forces have the unwitting support of all those who do not realize the price that has been paid in toll and sacrifice throughout the centuries to preserve our democratic way of life. Their strongest ally is indifference. Their password is "LET JOE DO IT". However, they have one real weakness and that is their inability to make any progress against an alert and informed public aroused by sincere and enthusiastic effort on the part of a democratic force such as ours, to a realization of its heritage—FREEDOM.

THE PRESERVATION OF DEMOCRACY COST 100,000 CANADIAN LIVES IN OUR GENERATION.

IT COSTS YOU NOTHING TO VOTE: Check the voters list see

If your name is on it. If not find out why. Check as to what and where your poll station is. BUT get out and vote on August 10th and keep FREEDOM.

(Sgd.)

R. N. CRIPPEN, President
CANADIAN LEGION,
Branch No. 9, Coleman.

PASS HOTEL WORKERS
RECEIVE PAY INCREASES

All hotel and restaurant employees in the Crow's Nest Pass area will receive a \$3 weekly wage boost as a result of an arbitration board decision.

The pay hike was granted in settlement of a dispute between the employees, members of Hotel and Restaurant Employees and Bartenders International Union local 308, and their employers.

Hotel and restaurant workers were also awarded a 44-hour week, in place of the former 48-hour week. The arbitration board award is retroactive to Nov. 1, 1952.

Slovak People Honor Jesuit Missionary

Approximately one hundred guests from the Crownset Pass were seated to a turkey supper at a banquet in the Coleman Catholic hall, July 18, sponsored by the Coleman Catholic Slovak organizations in honor of Rev. Father Zapka, Jesuit Missionary, who recently arrived from Slovakia and is on a coast to coast tour of Canada visiting the Slovak people.

Speakers for the evening were Rev. Zapka, Rev. Dean Sullivan, Rev. Father Anderson, Mr. J. Kajan, Mr. J. J. McIntyre, and Mr. Wm. Kovach, M.L.A. Mr. Steve Mraz acted as master of ceremonies. The remainder of the evening was spent in dancing.

Group Climbs Window Mtn.

News has been received of the first reported mountain climb in the area this year when a party composed of Peter Allen, Don Norris, Ray Spillers and Calvin McCullagh, scaled Window Mountain, Sunday July 19.

The climbers report heavy ice conditions and much snow on the top. Due to ice encountered it was necessary that the last portion be climbed while the men were roped together. Color photos were taken of the surrounding area both from the window and through the window.

While the party climbed bears in the vicinity crawled all over their truck scratching the vehicle to some extent.

People shoo where they are invited—that's why it pays to advertise.

Council Receives Grants Of \$14,298.82 From Province

When the Coleman town council met this week Councillor Ed. Wood complained that the local cemeteries were in a disgraceful condition, over-run with weeds and grass that grew well over four feet high.

He suggested that a number of local organizations be approached to have a cemetery cleanup day but council was of the opinion that such a scheme would take too long to get organized.

As a result of the report it was decided that the chairman of parks committee look into the matter and take action to hire men to have the cemeteries cleaned up.

It was announced at the meeting that a four-man squad from the Coleman volunteer fire brigade would go to Calgary on August 1st to enter and take part in the Calgary hose coupling competitions.

Fire Chief Aldo Montalbetti was present at the meeting and discussed the possibility of higher rates for members of the fire brigade. Mr. Montalbetti also reported to council that the side-walks in front of his business establishment were in a poor condition. Action will be taken in this respect.

Building Incinerator
A letter was received from the

forestry department in Blairmore requesting that the town of Coleman refrain from making fires at the town dump and reduce the danger of forest fires. This will be done. An inquiry was made at this time by one of the councillors regarding the construction of an incinerator at the town dump. Council advised that an incinerator was being built but was not completed yet.

Bylaw 264, regarding rates and regulations of the Coleman light and water Company, received its first and second readings.

The town secretary, Trevor Collier, advised council that a grant of \$14,298.82 had been received from the government, and as a result, the sum of \$9,115 was paid on the hospital requisition and a sum of \$11,574 was paid on the Coleman school requisition.

Council then discussed the local assessment and agreed to hold a court of revision in the Coleman council chambers on the evening of August 4th. Five members of council were appointed to sit on the court. They are Mayor Frank Abbots, Jack Ramsey, Ed. Wood, Joseph Wavrecan and Angelo Toppiano.

A request from Bill Klevinski to operate a taxi stand at the Coleman Hotel was left in abeyance.

Coleman, Gate To Kananaskis, Offers New Vacation Spot



Last week we were asked, "What can be done to bring attention to the Kananaskis road. What would be the best approach to bring tourist trade here, and what would be the most economical way of publicizing the district?" Americans have been hearing of this new playgrounds and the desire (so the talk goes) is to have Coleman as the centre of the area, getting a fair share of the provinces growing tourist trade.

Before figuring out how or the cheapest manner we should figure out if we want it, and how much we want it. A couple of schemes that have worked for other centres appear too expensive, while some feel that we could not cater to the tourist trade. The latter is a minor detail—we have here in the Pass a number of good hotels, Glacier Cabins, Chinook Cabins, Crow View Cabins, Sleepy Teepee Cabins and Turtle Mountain Playgrounds. These should serve the needs for the opening stage.

Some time ago the Coleman Board of Trade was approached regarding joining the Pacific Northwest Travel Association. We cannot recall any decision having been made in this regard.

This association has been making giant strides in bringing tourists to Alberta... they could bring tourists through the Pass. This association recently organized a trip through the Banff area for editors of American travel papers and newspapers representing Wisconsin, San Francisco, Chicago and Topeka, Kansas. "There is nothing in the U.S. to compare with Canada's Rockies" they all agreed. Reports appearing on their return home will bring the beauties of Canada's mountain playgrounds to thousands of readers. Thousands of people that could

be accommodated in this area, should we have such an association acting as our spokesman. The following information shows the number of people who are coming to Alberta for their holidays, people who will be leaving dollars behind, dollars that would be as welcome in the pass as they are at Banff.

Registration records topped at the Fort Macleod Travel Bureau between July 5 and 11 this year. In fact, the staff is just beginning to draw breath again after the busiest seven days in history.

Up through southern Alberta from the States the cars came, bumper to tail light, and 3,521 registrations were made in one week. That's an average of over 500 a day. Besides, the staff made over 175 reservations by teletype and telephone. The A.M.A. office at Banff was so badly crowded with teletype messages, it took three hours and more to get some reservations through. For the final three days last week, the Banff office advised Fort Macleod before noon that there was not even a private home available. This condition existed all the way from Banff to Fort Macleod and Lethbridge.

The month-end report from Mrs. C. Thomson, supervisor of the Fort Macleod Travel Bureau indicates an increased tourist business through that section of the province. During June, a total of 5,124 registrations were made at the Fort Macleod Bureau, as compared with the 1952 total of 4,513.

The Board of Trade booklet has been a good start along the lines of publicizing Coleman, but it is only a start. Fine cuts showing the scenic beauty of the area were purchased for the Booklet. Will they be set aside to gather dust until the 75th or 100th anniversary or will they find use in small brochures that will tell the distant travel fan the value in his selecting the Pass as his holiday spot during 1954? Yes the Board of Trade has to make it "Do we want it?"

Mrs. D. Davies Laid To Rest

Mrs. Lavinia Davies, Edmonton, widow of the late David Davies, former Superintendent of the International Coal and Coke Co., passed away on July 20 in an Edmonton hospital.

Born in South Wales and married in Lethbridge, she came to Coleman in 1907. The family left Coleman for Edmonton in 1924 and have resided there since. Mrs. Davies has visited Coleman frequently at the home of her brother and sister in law, Mr. and Mrs. Fred Cox.

Funeral services were held on July 22 at Foster and McGarvey Funeral Chapel in Edmonton, Rev. A. F. Heron officiating, after which the remains were forwarded to Coleman for interment, with Padre Moss officiating. Minerva Chapter No. 41 Order of the Eastern Star, of which Mrs. Davies was a charter member, held their service at the graveside.

The pallbearers were members of the O.E.S., Charles Freeman, James Park, Harry Garner, Cecil Coover, John Van Maarion, of Coleman and Norman Lind of Blairmore.

Left to mourn her loss are four daughters, Mrs. G. F. Story (Alice), Miss Doris Davies, Miss Megan Davies, all of Edmonton, and Mrs. F. D. Priestly (Lavinia) of Hamilton, Ont.; one grand-daughter, Lavinia Priestly, of Hamilton; a sister, Mrs. Edgar Williams, Vancouver, B.C.; and two brothers Fred Cox, Kelowna and Thos. Cox, South Wales.

M. Kolena Dies Walking Home

Funeral services for Mathew Kolena, who died while walking home from work at McGillivray Mine on July 22, were held Saturday morning, July 25.

Born in Czechoslovakia June 16, 1901, he migrated to Canada settling first in Saskatchewan where he farmed for five years. Eighteen years ago he moved to Coleman and he had been employed at the McGillivray mine since that time. He was a member of the Catholic church and the Coleman Slovak Society.

Surviving are his wife Mary two daughters, Mrs. Joe Achraman and Mary all of Coleman and a brother John in Michigan.

Requiem High Mass was conducted by Dean L. Sullivan on Saturday morning at 10 a.m. with interment in Holy Ghost cemetery.

Advertising acts as a tonic to any head of business enterprise.

Police Report

The following report was presented to the Coleman town council by the Chief of Police, showing the work performed by the police during the past month. The work of the police has been very busy and special police being active.

The report stated that traffic conditions had been poor but fair at the time of this report. 100 warnings had been given under Vehicles and Highway Traffic Act and town bylaws. \$89 in fines had been collected under the act.

Liquor conditions had been much better, hotels and clubs having been warned regarding infractions under the Government Liquor Act. 14 warnings had been given to drunks in public places and two escorted home. A total of 60 fines have been levied under the Government Liquor Act.

Fifteen children have been warned regarding riding bikes without lights or on the wrong side of the road. Future violators will have their bikes impounded from 7 to 30 days.

Sixty five complaints were received and attended to. Forty five complaints were listed regarding coal trucks overloading and speeding in West Coleman and cars and trucks speeding on No. 3 highway. Twenty trucks were warned but none prosecuted in the West Coleman district.

FOREST EXPORTS LEAD

Canada's exports of forest products are ten per cent more valuable than her exports of agricultural and vegetable products.

Home Preserving Is Housewife's Pride

WHAT housewife does not glow with pride as she surveys the glistening rows of bottles on the shelves of her fruit cupboard? Preserves, jams, jellies, conserves and butters of infinite variety which will lend color, interest and good-eating to winter time meals.

To insure complete success in all canning, jam and jelly making it is absolutely necessary that the original produce be fresh, of the proper degree of maturity, and of the highest quality. Good judgment must be exercised in the choice of fruits and vegetables to be processed and they should be bought at their peak of perfection. If you are fortunate enough to grow your own, you are assured of fresh, properly matured fruits.

Cleanliness is a major point in the preparation of all foods for preserving, and it is necessary that all canning should be done under the most sanitary conditions if the products are to be safe and keep well.

Remember that in making jams, jellies, conserves, etc., the best results are accomplished when small quantities are handled at one time. Have all ingredients prepared ahead, equipment conveniently placed, and sugar and fruit measured accurately. Time and care must be devoted to this enterprise, even though some of the household routine may have to be neglected for the time being.

Follow recipes carefully and do not guess. Results will be gratifying and efforts well rewarded if you are conscientious in your work.

Rhubarb Jam

4 pounds rhubarb
3 pounds sugar
2 oranges
1 lemon
Wash rhubarb and cut in 1/2-inch cubes. Wash oranges and lemons and cut in halves. Remove juice and pulp with lemon squeezer. Put rind through the food chopper and combine with the juice and pulp. Combine with rhubarb. Add sugar. Put all in an earthenware bowl, cover, and allow to stand overnight. In the morning drain well. Boil the juice quickly until a thick syrup is formed. This takes approximately 5 to 7 minutes.

Combine at once with the fruit and cook until thick. Place in clean jars and seal.

Equal amounts of rhubarb and strawberry make a most delicious jam done by this method.

Mint Jelly

1 cup finely chopped mint leaves
1 cup fruit pectin
Green vegetable coloring
1 cup vinegar
6 1/2 cups sugar
1 1/2 cups water
Stir vinegar, sugar and water in large kettle, over fire, until sugar is dissolved. Add coloring to desired shade (about 1 dessertspoon).
Add mint leaves, and bring to full rolling boil, add pectin, and boil hard about one-half minute. Remove mint leaves and pour at once into jars.

Orange Marmalade Bread

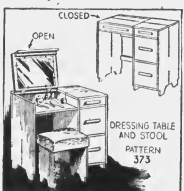
3 1/2 cups once-afted all-purpose flour, or 4 cups once-afted pastry flour

Home Workshop



Lamp for a Child's Room

This little bear is a jolly after-dark companion. His colors glow brightly when the light over his head is turned on and he stands out clearly in front of the dim night light at his back. Cut out, paint, and wire him with directions on Pattern 309. Price of pattern is 35 cents.



Make This Double-Duty Dressing Table

This is a perfect piece for the combination living and guest room. Just lift the top and there are mirrors and toilet articles. Nest for an uncluttered modern bedroom. Pattern 373 gives list of material needed, and construction steps, for use with ordinary household tools. Price of pattern is 35 cents.

Send thirty-five cents (35c) for each pattern. Write plainly Name, Address and Number of Pattern. Send orders to:
Home Workshop Pattern Service,
Prairie Publishers Limited,
4435 West Fifth Ave., Vancouver, B.C.

5 teaspoons baking powder
1 teaspoon salt
3 tablespoons shortening or butter
1/2 cup granulated sugar
1 egg
1/2 cup orange marmalade
1 1/2 cups milk
2 tablespoons grated orange rind
Measure flour and add baking powder and salt. Cream the shortening and gradually blend in the sugar. Beat and add the egg, then add the marmalade. Sift in about a third of the dry mixture, combine, then add half the milk. Continue the alternate additions of sifted dry mixture and milk, combining after each addition; add orange rind. Turn the mixture into a greased and floured loaf pan and let stand for 20 minutes. Bake in moderate oven, 350 deg. F., for 60 to 70 minutes.

Heavenly Jam

4 oranges
2 lemons
1 dozen peaches
1 dozen apples
Sugar

First put oranges and lemons through the food chopper, using medium blade. Place in preserving kettle, boil gently while preparing other fruits, which are also peeled and put through food chopper.

Add these to first mixture, measure and add 1/2 as much sugar as fruit, boil until thick and clear, about 30 minutes.

Strawberry Jam

5 boxes berries
1/2 cup water
4 cups sugar
Boil 2 cups of the sugar with 1/2 cup of water until it spins a long thread or until a little dropped into cold water will harden.
Then carefully drop the berries in and very gradually add the remaining 2 cups of the sugar.
Boil hard for 15 minutes. Skim and turn into clean, sterilized jars and seal airtight.

Citron Jam

4 pounds citron
3 pounds sugar
Juice of 1 lemon
Peel, seed and cube citron finely or put through food chopper, using the coarse blade. Add lemon juice and 1/2 cup water and place over a low heat in a closely covered kettle and simmer gently until the citron takes on a transparent appearance. Remove cover, add sugar and stir until it is thoroughly dissolved. Boil rapidly, uncovered until thick and clear. Bottle at once in sterilized jars.

Winter Jam

Combine:
4 cups chopped cooked prunes
2 cups canned crushed pineapple—not drained
2 teaspoons grated orange rind
1/2 cup sugar
1/2 teaspoon salt
1 teaspoon cinnamon
Cook gently, stirring frequently until thickened to jam consistency (about 15 minutes). Pour into jelly jars and seal hot with paraffin. Makes about 3 pints.

Plum Cheese (delicious)

2 pounds apples
2 pounds plums
2 pounds pears
6 pounds sugar
Pare and slice the apples and pears, taking out the cores. Skin and split the plums, and remove the pits. Put some apples in the bottom of a stone jar, like a large bean pot, or a heavy kettle with a close fitting lid, but it must be something that fits into the oven.
Then add a layer of plums, and another layer of pears, and continue to repeat until all are used. The oven temperature is 275 to 300 deg. F. They should remain in the oven for 5 hours or longer, and the fruit must be tender when tried. Next put this fruit into a preserving kettle. Add the sugar and stir until it begins to

boil. It should boil down real thick and smooth in about 35 to 40 minutes. This is not by any means a sloppy jam and is delicious used alone for sandwiches or in combination with anything else.

Fruit Chili

12 large firm peaches
12 large firm pears
6 small onions
2 sweet red peppers
15 large firm tomatoes
3 cups sugar
1 quart vinegar
3 teaspoons ground ginger
3 teaspoons salt
1 teaspoon paprika

Prepare vegetables and fruit, chop fine. Combine all ingredients and boil until as thick as chili sauce. Fill and seal jars while hot. Approximate yield 6 pints.

Marmalade

Combinations:
1 Use all bitter oranges
2 Use 2 oranges and 1 lemon
3 Use all grapefruit
4 Use 4 grapefruit, 1 lemon, 1 bitter orange
5 Use 4 bitter oranges, 8 sweet and 2 lemons
6 Use 1 grapefruit, 1 orange, 1 lemon

Method
Wash the fruit thoroughly and remove any dark spots on the skin. Slice the whole fruit very thinly, remove the seeds (cover the seeds with water). To each measure of fruit add 1 1/2 measures of water and set aside for overnight. The next day boil for 1 hour and again set overnight.

Add the water from the seeds; measure and heat 1/2 as much sugar as fruit. Cook the fruit covered for 20 minutes. Add the sugar and cook uncovered until it jellies.

Peach Jam

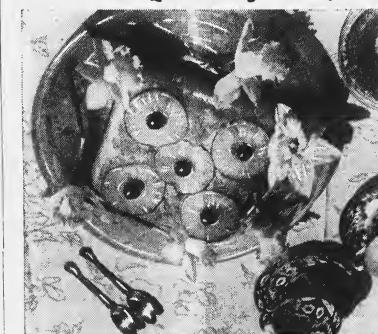
6 cups peeled, sliced peaches
3 cups sugar
1 tablespoon lemon juice
Mix all ingredients. Let stand one hour. Cook slowly until thick. Pour into sterilized glasses. Seal when steam stops rising.

Apple Butter

1/2 cup sugar
1 cup apple pulp
The apples for this should be firm and not over-ripe. Cut apples in quarters, do not remove peel or core. Cook with water until tender and then put through a sieve. Measure pulp and heat it for 5 minutes.

FOR AFTERNOON SNACK

Pineapple Cup Cakes Are Good With Thirst-Quenching Fruit Juice



An afternoon snack can be such fun in the summer, particularly when accompanied by cool, thirst-quenching fruit juice. For delectable eating—quick and easy to prepare—we suggest Pineapple Cup Cakes.

Make up a batch and keep them on hand. They can be served either plain or frosted. And, just for fun, try decorating them with coloured toothpicks topped with luscious red cherries or pieces of golden pineapple.

Pineapple Cup Cakes

Empty contents of a package of gold cake mix into mixing bowl; fluff with fork. Measure out 4 oz. water (1/2 standard cup). Add the water and mix until free from lumps. Add 1/2 cup crushed pineapple slowly,

add two-thirds as much sugar as fruit, measure and spice the mixture, if desired. Cook until thick and clear—about 35 to 40 minutes. As fruit butter scorching very easily, it requires constant attention and stirring.

Very satisfactory fruit butters may be made from fruit that has been used for jelly. After one extraction add water to the pulp in the jelly bag, boil for a few minutes and press through a sieve. Then proceed according to general directions for fruit butter.

Spiced Jellied Blueberries

3 quarts blueberries
2 cups sugar
1 cup water
1/2 lemon
4 whole cloves

Make a syrup of the sugar and water, add lemon and cloves and boil 7 minutes. Add cleaned berries and cook 20 minutes. Pour into sterilized jars and seal.

Cherry Olives

Cherry Olives are best made from B.C. cherries. They are served as a relish, like olives. They are increasingly popular at parties, particularly with the men-folk.

No heating or cooking is required. Very little sugar is used, but the Cherry Olives must be stored in a cool, dry place.

4 pounds cherries
1 quart vinegar
1 cup water
1/2 cup sugar
1 1/2 tablespoons salt

Wash the cherries and cut off the stems with scissors, to a length of about one inch. Pack the cherries in jars and cover with a solution made by combining the vinegar, water, sugar and salt.

Seal the jars and store in cool, dry place.

Yield—5 pints of Cherry Olives.

Sweet Cherry Roly Poly

2 cups sifted flour
4 teaspoons baking powder
1/2 teaspoon salt
3 to 4 tablespoons shortening
Milk (about 1/2 cup)
Soft butter
Pitted sweet cherries
Granulated or brown sugar

Measure flour and sift with baking powder and salt. Cut in shortening finely, using two knives or a pastry blender; or rub in quickly with the fingertips. Gradually add milk, mixing in lightly and using enough to make a dough which though soft, is not sticky. Knead with fingertips for 10 seconds. Roll to a rectangle

mixing until smooth after each addition. Butter will be on the thin side. Pour into greased medium-size muffin tins. (Paper muffin cups may be used, if preferred). Bake in a moderately hot oven (375 deg. F.) about 15-20 minutes. Cool 5 minutes before removing from pans. Serve plain or topped with a Pineapple Butter Icing.

Pineapple Butter Icing

1/2 cup butter
1/2 cups confectioners' sugar
1/2 cup crushed pineapple with juice
Cream butter. Sift sugar and add gradually, creaming until mixture is well blended and fluffy. Blend in crushed pineapple with juice until mixture is right consistency for spreading.

3046

Sugar Regulations For Canning

Canning or Preserving 1/2 pound of sugar is allowed for 1 pound fruit. Jams or Jellies 3/4 pound of sugar is allowed for 1 pound fruit.

When Pectin is used 1 1/4 pounds of sugar is allowed for 1 pound fruit. All canning or preserving must be in a light syrup. This allows 1 cup sugar to 2 cups water.

All homemade jams and jellies must be preserved with three parts of sugar to four parts of fruit or juice, except when pectin is used when five parts of sugar to four parts of fruit is allowed.

10 minutes. This step serves to release the color from the skin and other soluble solids from the pulp. The resulting juice, pulp and skins are then passed through a cheesecloth sack. A small sample of the juice should be cooled and tasted for sweetness. Sometimes as much as 1 pound of sugar may be needed for every gallon of juice. The sugar is dissolved thoroughly by stirring. Heat the sweetened juice to 165 deg.

Fill into hot beer bottles leaving 1/2 inch head space. Seal immediately. Lay bottles on their sides on a rack in a kettle of boiling water. Cook in boiling water for 10 minutes, counting the time from when the water starts to boil strongly. Following sterilization, bottles are placed on a table covered with paper or a blanket and allowed to air cool.

170 deg.

Crushed pineapple makes an excellent addition to apricot jam, as the two flavors blend well. Add one can crushed pineapple to the apricots at the beginning of the jam-making.

DRIVING TIP

Pull entirely off the roadway if you want to stop even for a few minutes.

3047

Canning Peaches

Steam and skin the peaches. Cut in half and remove the stones. Cut in slices, if desired.

Hold peaches in a brine solution while peeling, to prevent discoloration. Use 1 teaspoon salt to 4 cups cold water.

Pack in hot sterilized jars and if possible put the curved parts of the peach to the outside of the jar. This makes an attractive pack.

Peaches peel easily, when fully ripe. If there is any difficulty in peeling the peaches, dip them into boiling water or steam them.

Canning Fruit Salad

Prepare peaches and pears in the usual way for canning. Cut into small pieces, suitable for serving in salads.

To give your fruit salad a distinctive flavor, add some cantaloupes. Select large cantaloupes because of the excellent quality and cut into small dice. Mix these three fruits in equal parts. Follow the directions for canning peaches.

Prune Jam

Prunes contain enough natural pectin and add to make a good thick jam.
1/2 lug prunes (7 1/2 pounds prunes)
1 1/4 cups sugar (3/4 pound sugar)
1 pound fruit

Wash prunes and cut in halves. Remove stones and break a few. Add some kernels to the jam. Add a little water to prevent sticking and bring slowly to boiling point. Cook gently for half an hour and stir frequently.

Add sugar and simmer slowly for one and one-half hours. Pour into clean, hot, sterilized jars, seal with melted wax.

Prune Juice

Wash prunes. Cut in half and remove stones. Pulp fruit slightly and place on stove in a covered kettle. Heat to boiling. Boil the pulp 4 to 5 minutes. Stir frequently to prevent burning. Press through a sieve to remove skins.

Return extracted pulp to kettle. Add 2 to 3 cups water to each 10 pounds fruit. Bring just to boiling. Fill hot, clean sealers or beer bottles with the juice and seal. Process in boiling water for 10 minutes for beer bottles and 15 minutes for quart sealers.

Prune juice, if made from thoroughly ripened fruit, does not require additional sugar.

To serve as a beverage—open bottles and dilute one to one with water. Serve cold.

Grape Juice

A very pleasant grape juice can be prepared in the home from any well-known variety such as Concord. The grapes are removed from the stems and placed in an enamel or aluminum utensil. They are broken through to release the juice, and heated to 160 deg. F., a very light simmer, for

3048

—By Chuck Thurston



"EXPORT"
CANADA'S FINEST
CIGARETTE

Patterns

Thrifty! 2-in-1



7036

by Alice Brooks

Use remnants, whip up both styles—one for a thrifty gift, the other to wear when you're the hostess! Both styles have easy, pretty poldholers to match.

Pattern 7036. Tissue parts, transfer motifs, charts and directions for aprons plus poldholers. To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

Household Arts Department,
Prairie Publishers Limited,
60 Front Street W., Toronto.

Be sure to write plainly your Name, Address and Pattern Number.

TEN COMPLETE PATTERNS to sew, embroider, crochet—printed in the new 1963 Alice Brooks Needlecraft Book! Plus many more patterns to send for—including ideas for gifts, home accessories, toys, fashions! Send 35 cents now!

PEGGY

I SAW SALLY TODAY, PEGGY!

SHE MENTIONED HER NAME, I'M NOT SPEAKING TO HER!

TOM BROKE A DATE WITH ME TO TAKE HER TO THE BALL GAMES!

AND YOU CROSS AT SALLY FOR THAT!

OF COURSE! JULIE HAVN'T TALKING TO HER EITHER!

WHERE'S JULIE? DOES JULIE FIT IN?

IT'S SIMPLE, TOM HAD BROKEN A DATE WITH JULIE TO MAKE THE ONE HE BROKE WITH ME!

3049

Nice Warm Sun Dangerous

Get That Tan In Easy Stages

Go ahead — have fun in the sun! But while you're building up that golden tan in your backyard or on the beach, remember: for your skin's sake, take it easy.

Each year about this time, public health officials issue warnings against over-exposure to the sun. And each year, hospitals handle their usual quota of sunburn cases. So here are a few common-sense hints to keep in mind:

Don't stay too long in the direct rays of the hot sun. Take your tan

in small doses, and you won't be one of those hospital cases recovering from sunstroke or heat prostration.

Make sure the youngsters get out of their wet swim suits as soon as possible after a cold-water dip. Wearing them too long can bring on chill, which in turn are believed to be a significant cause of polio.

Don't down too much ice water on a scorching day. It can bring about acute stomach disorders.

If you wear sun glasses, make sure they're of an approved type. Cheap glasses, far from being helpful to your eyes, can actually cause severe damage.

Don't try to prove to fellow swimmers that you're the successor to Johnny Weissmuller. They don't really care, and besides, over-exercising can cause chills.

The possible penalty again—polio. Finally, a hint to mom: make sure perishable foods are refrigerated, and make sure food waste is quickly disposed of. That way, you'll avoid food poisoning and a convention of flies around your larder.

Twin Resorts

Carlyle And Kenossee Lakes

Processing

Tin Cans, Glass Jars

Processing Tin Cans

Processing is the method of applying heat to canned food to insure its keeping qualities.

The best way to process fruit and tomatoes is in the boiling water. Put sufficient water to cover the cans in a wash boiler or large vessel, then bring to a steady boil.

Place the sealed cans in the boiling water, which will reduce the temperature to below the boiling point. When the water begins to boil again start counting the time and process as directed.

Cooling Tin Cans

Quick cooling prevents over-cooking and is possible when using tin cans. When the processing period is over, remove the cans from the cooker, immediately plunge them into cold water until the cans are cold.

Set cans about six inches apart on a cement floor and do not stack them in piles until they are sure the cans are thoroughly cold.

Processing in Glass Jars

Put about 1/2 inch of water in the bottom of the cooker. When canning in glass in the cooker, put in rack and set jars in rack. Put on cover, fasten securely by turning screw in one-piece clamping band.

Leave control valve open until steam has escaped freely for 15 minutes, then close control valve and start counting time when desired pressure is reached. Process according to time given.

To prevent the loss of liquid in glass jars maintain an even pressure in the pressure cooker. When processing glass jars, do not blow steam out of the cooker rapidly because it will draw the liquid from the jars. Set the cooker off the stove and cool gradually.

When the pressure gauge shows zero, open the safety valve and remove cover. Be sure to open control valve when pressure gauge indicator reaches zero, otherwise a vacuum will form in cooker which prevents lifting cover off easily.

Remove jars. To finish sealing the wire clamp top jars, bring the lower wire down into position. The two-piece self sealing cap requires no further tightening at the end of the processing period. Set jars in upright position to cool.

Cooling

Keep out of draft. Invert screw top jars to test for leaking and to finish cooling. Do not invert clamp-top jars or two-piece metal cap jars. Do not stack one on top of the other. To avoid breakage, place cloth or paper under jar when placing them on metal-top or marble table.

Do not put the jars away until they are cold, then they may be stored in a cool, dry place.

Never store fruits or canned meats in a close atmosphere. A circulation of fresh air is very necessary, for damp, stale air will cause mould.

Average operating expenses per train mile on the major railways of Canada increased to \$7.54 in 1952 from \$7.14 in the previous year.

VIRGIL



PRISCILLA'S POP—

And in Technicolor, Too



Water Wisdom!



Courtesy RED CROSS WATER SAFETY

HORSE SENSE

KREMLIN, Okla. — Tourists pass daily through this city and smirk at its name. But residents here refuse to get red-faced. They explain Kremlin is a breed of saddle horse, as well as a place in Russia. They add not only was the town named after a horse, but it was named by the daughter of a railroad executive who admired a particular kind of horse back in 1894.

Saccharin, several hundred times sweeter than cane sugar, is derived from coal tar.

CHILDREN'S SHOES

When buying new shoes for the children it is a good idea to have them wear them around home for an hour or two with a pair of old socks feet pulled over them. Then if the child decides the shoes hurt they may be returned as the finish will not have worn off the soles. This is an especially good trick when you must buy shoes from a mail order house instead of having them fitted by an experienced shoe clerk.

Drive With Care!

On The Side : E. V. Durling

It was that great expert on the subject of women, Alfred de Musset, who observed, "Take time as it is, the wind as it blows, woman as she is." The women of Spain are first among women, their love is faithful, their heart is sincere and violent, but they wear a dagger just above it. Italian women are lascivious. English women are exalted and melancholy, cold and unnatural. The German women are tender and sweet, but colorless and monotonous. French women are spirituelle, elegant and voluptuous. But they lie like demons.

Other Side Heard From

"Have just been perusing that nauseating nonsensical tripe about a husband getting a break because, if he had to pay other people for what work his wife does around the house, it would cost him \$150 a week," writes a New Yorker. "It's the wife who gets the break. The food, clothing, shelter, etc., she gets would cost her at least \$10 a day. Then the husband handles the doctor's bills, acts as body man in scaring the children into behaving, and assumes the duties as carpenter, plumber, electrician and general handyman. That is worth at least another \$10 a day to the wife. Then there are other services a husband provides. The value of the 'gigolo' duties the wife gets is incalculable. These cater to her affectionate nature, prevent frustration, build up her ego, improve her health and give her that extra pop to complain about her lot."

For Canary Raisers

It is, of course, the male canary that sings. So canary breeders try to breed as many males as they can. When a young male canary is bred to an older female canary, the chances for a male are improved. In fact, one canary breeder claims to get 80 per cent. males by this system. Remember that if you ever go in for canary breeding.

Travelling by auto along a two-way highway at night can be quite a nerve-racking experience. The narrower the highway, the harder it is on the nerves. The glare of the headlights of those who do not dim the same is a major menace to safety. If you are only going 40 miles an hour, glaring headlights coming toward you will blind you for 12 seconds. In 12 seconds you travel 725 feet, and all that time you are practically blindfolded!

Bring On The Towels

How about an "Unpopular People's Club"? I have in mind people who are not popular with the general public because of their occupations. As for example, income tax collectors, baseball umpires, highway traffic cops, dog catchers and grammar school teachers. Persons so engaged could meet at the "unpopular people's club" and discuss the injustice of the prejudice against them and cry on each other's shoulders.

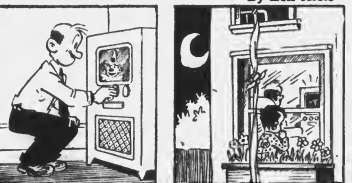
But There's No Choice

If you could be born over again, would you prefer a change in sex? That question was recently asked a number of men and women. Ninety-one per cent. of the men strongly stated they would want to be men again. However, only 34 per cent. of the women said they would want to go through life again as women. Sixty-six per cent. of the females said, if a second birth were possible, they would like to be born men.

An Expert's Opinion

Are you, by any chance, expecting a blessed event at your house? Is the new arrival expected in the spring? If so, your attention is called to an observation of the eminent physician, Dr. Allan R. Dufos, which was, "Children born in the spring have a low death rate in infancy. The birth of persons who achieve distinction rise to high proportions in that season. Children born in the spring are more intelligent than those born in the summer and still more so than those born in winter."

By Len Kleis



—By Al Vermeer



Chemical Weed Control

By H. E. Wood

Chairman of Manitoba Weed Commission

This is the final article that deals with weed control, mainly by means of chemicals.

Using Chemical Weed Killers Under Unfavorable Crop Conditions

Over the wide area met with in Western Canada crop conditions vary greatly—particularly in a year such as this, as to:

1. Date when the crop was seeded.

2. Available moisture supplies.

Both these have an important bearing upon the use of chemical weed killers.

Not a few farmers are inclined to think that when seeding has been unduly delayed on account of excess moisture that it will be unnecessary to treat with 2-4-D. Or again, they may feel it is too late to bother using chemical. Some may consider that the application of chemical will delay maturity of the crop.

Let me say that some of the most successful treating of crops with 2-4-D have followed late seeding. Under these conditions both the planted crop and the weeds germinate quickly and uniformly. Three weeks or so after seeding you find a lousy crop struggling against a mass of weeds. This is where 2-4-D pays off.

And just a few words about treating crops in any of the districts where rainfall has been limited and growth has been retarded. Too often the farmer is discouraged to the point that he thinks treating with 2-4-D will be wasted. In most cases the very opposite holds. A crop under droughty conditions must compete against robber weeds, for moisture, if allowed to go untreated the weeds will win out over the crop. Timely application of 2-4-D may help to tide over such crops until rain comes. In such cases it is well to treat at the maximum recommended dosage.

Chemicals Come to the Aid of Flax Growers

No other crop has shown such a favorable response to chemical treatment as flax. This is mainly because flax is a notoriously poor competitor against weeds. Remove these weeds by chemical treatment and the flax takes a new lease on life.

First we have two types of troublesome weeds — The broad-leaved weeds, such as lamb's quarters, red root pigweed, wild buckwheat, wild mustard, Canada and sow thistle, to mention only a few of the more common.

Until now to control these weeds we have been recommending 2-4-D — especially the Amine. Last year's Weed Conference came forward with an alternate to 2-4-D, namely, MCP. This is the chemical Britain and Europe have been using. It has a decided advantage in being less than 2-4-D, to the more sensitive crops of which flax is one.

A good many flax growers will be using MCP for the first time this year.

Second green foxtail, or as many know it, wild millet or pigeon grass, has been a real problem to flax growers. Especially is this true on the lighter soils in the Southern sections of the Prairies. Last year extensive testing in Manitoba confirmed findings in the United States in which TCA — trichloroacetic acid — proved very effective against this grassy weed, green foxtail.

Success in the use of TCA lies in early treatment. Foxtail is most easily and completely killed from just before emergence until about two inches above ground. Application is made with the regular weed sprayer putting on 5 to 8 lbs. of TCA in about 5 gallons water per acre. The crop will not be damaged.

To do a double-barrelled job, killing both broad-leaved weeds and green foxtail, add 2-4-D for MCP to TCA. You will be pleased with the results.

A final word on treating flax, whether you use either 2-4-D or MCP alone or along with TCA, remember to treat early. This should be as soon as the flax has passed the two-leaf stage and while the weeds are young and easily killed.

Chemical Control of Perennial Weeds

Perennial weeds are those that live over from year to year, whereas annual weeds die the first year after setting seed. Generally speaking, perennial weeds offer more resistance to chemical weed killers than annual weeds.

It meets this situation several points need consideration.

1. The use of non-selective chemicals.

2. Spraying the most potent formula of the chemical available in the case of 2-4-D ester.

3. With problem weeds the rate of application needs to be increased.

4. Allowing perennial weeds to advance somewhat in growth before applying chemical. In general perennial weeds are most effectively treated in the early-bud stage.

2-4-D has proven to be a most important aid in destroying or checking the growth of Canada thistle and perennial sow thistle. These weeds are usually met with in patches. When treating a crop it is suggested that the sprayer or duster be slowed up so patches of perennial weeds are passed over. This will insure a heavier application. Even though some

perennial weeds will not be killed with 2-4-D, their growth will be checked, sufficiently to be of little trouble thereafter to the crop.

When discussing the use of chemical for perennial weeds I think of summerfallowing and the needed extra tillage required to keep weed growth under control. Overworking of summerfallows causes serious soil drying. I feel that if tillage were halted during midsummer, and the field, or those parts with weed growth, treated with 2-4-D, that two things would be accomplished:

1. Better control of perennial weeds.

2. Lessening the hazard of soil drifting.

You will find chemicals a very effective aid in controlling perennial weeds during the summerfallow year.

Improving Pastures by the Use of Chemical Aids

Most native pastures and some of our range land are little better than exercising ground for grazing animals. Close and heavy pasturing will greatly reduce the stand of native grasses, resulting in weeds, shrubs, woody growth of many kinds taking over. A discouraging thing is the general apathy and indifference of owners. As far as field crops go they may be excellent farmers, but little interested in pasture land.

With the coming of 2-4-D and 2-4-5-T farmers have a cheap and very effective means, of improving infested grazing land.

Buckbrush or Western Snowberry is probably the most widespread and greatest offender of grazing land, especially in the more open prairie regions. The chemicals controlling snowberry will likewise kill willows, poplar, hawthorn, saskatoon and other woody growth, as well as most of the pasture weeds.

The recommended treatment is to use the ester of 2-4-D from 1 to 1 1/2 lbs. acid per acre in 5, or more gallons water per acre. Application should be made sometime before the end of June. Thorough and complete application is most important. The standard boom sprayer is not as suitable as rough ground or the turbine or blast-type machine, or the boomless sprayers that use a single or cluster of nozzles.

Where woody growth includes wild rosebrush, raspberries or members of the Rubus family, of which are resistant to 2-4-D, the addition of one part of 2-4-5-T to 2 parts of 2-4-D is necessary. If you desire, such a mixture can be purchased as one of the brush-killers.

Eliminating woody growth from pastures and range land will pay excellent dividends in additional milk and meat.

Our Canadian Summer

One of this country's most pleasing aspects is its climate, which presents a series of delightful seasonal changes, including a summertime seemingly made for pleasure travel.

There's plenty of sunshine, Victoria, capital of British Columbia, for instance, averages 335 sunny hours in the month of July, and 304 hours of sunshine in August.

But plenty of sunshine in Canada doesn't mean too much heat. Victoria's maximum high temperatures in July and August are 69 and 68 degrees Fahrenheit, Calgary's high thermometer marks 74 and 74, Winnipeg's 79 and 76, Toronto's 79 and 77, Montreal's 78 and 76, Halifax's 74 for both months, and Charlottetown has an average daily maximum of 73 in July and 72 in August.

While these average peak temperatures are the kind that still mean summer, they nonetheless are well removed from the heat-wave weather that sends so many millions of travellers in search of climatic relief.

Best of all, Canadian nights are usually cool for restful sleep, and in the mountain areas and more northern reaches of Canada's vacation-lands it's well to pack a sweater for evening comfort.

Occasionally even some cities of Canada have their heat waves. When Canadian collars wilt, their wearers can soon find cool retreats, so accessible are most resort areas to the more heavily populated sections of the country. There's always a handy refuge from the occasional spell of torrid temperatures.

Heading north when summer comes seems such a sensible vacation plan. The Canadian Government Travel Bureau, Ottawa, can supply the details on request.

CARRY TOW ROPE

Always carry a tow rope in the auto when you go on long trips.

The interior of the cone of Popocatepetl, Mexican volcano, is almost pure sulphur.

ALBERTA COAL OUTPUT DROPS

Edmonton—The mines department today reported another drop in Alberta coal production during June. Output totalled 361,985 tons, a decrease of 89,396 tons from June, 1952.

The bituminous fields, which produced 285,531 tons, were led by Crownsnest with 132,206. Lethbridge had an output of 8,078 tons. Sub-bituminous fields turned out 96,454 tons, Drumheller leading with 61,774.

ECONOMIC USE

Logs that could never make anything but poor lumber are the chief raw material of the pulp and paper industry of Canada.

ST. ALBAN'S ANGLICAN SUNDAY, AUGUST 2nd CHURCH SERVICES

Holy Communion 9 a.m.
Evensong & Sermon 7 p.m.

There will be no Church Services in St. Alban's during August after the 2nd. The congregation are invited to attend St. Luke's Church, Blairmore each Sunday at 10 a.m.

USES LITTLE WOOD

The pulp and paper industry takes only one fifth of Canada's annual wood consumption. Fire, insects, and disease take as much wood each year as this industry.

THE COLEMAN JOURNAL

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"IF EVERYONE . . ."

With the arrival of the holiday season, more and more people will be taking to the highways. All means of transportation will be crowded with travellers hurrying to spend holidays with their families or with friends. Speed will combine with congestion. Highway accidents will increase above normal. Many of these happy vacationers will not reach their destination. Some will be dead.

You may say there isn't much you can do about it. But there is. You, M. r. Motorist, can exercise a little more caution. Drive carefully. The life you save may be your own. In the meantime, you can read the poem which follows. Read it again and ponder it. It COULD happen to you.

"IF EVERYONE"

If everyone who drives a car
Could lie a month in bed,
With broken bones and stitched-up wounds
Or fractures of the head.
And there endure the agonies
That many people do,
They'd never need preach safety
Any more to me or you.

If every one could stand beside
The bed of some close friend
And hear the Doctor say "No Hope"
Before the fatal end,
And see him here unconscious
Never knowing what took place,
The laws and rules of traffic
I am sure we'd soon embrace.

If every one could meet
The wife and children left behind
And step into the darkened home
Where once the sunlight shined,
And look upon the "Vacant Chair,"
Where Daddy used to sit,
I am sure each reckless driver
Would be forced to think a bit.

If everyone who takes the wheel
Would say a little prayer,
And keep in mind those in the car
Depending on his care,
And make a vow and pledge himself
To never take a chance
The Great Crusade for Safety
Would suddenly advance.

SEYMOUR TAYLOR

MRS. MUSPRATT HONORED

Mrs. E. W. Dibble's home was the scene of a jolly party on Monday afternoon, when a number of friends gathered to wish Mrs. G. Muspratt happiness in her new home.

During the pleasant afternoon, spent in friendly visiting, the hostesses, Mrs. F. A. Dickson, and Mrs. J. P. McIntyre served tea.

Just before leaving the ladies presented Mrs. Muspratt with a box containing many articles for her pantry shelves and she thanked them in her own charming manner.

FOREST PRODUCTIVITY GREATER

By using more species, the pulp and paper industry has increased the potential productivity of every acre of the woodlands of Canada.

GROWTH EXCEEDS DRAIN

Over the pulp and paper limits as a whole, the total volume of wood grown exceeds the drain, including the cut and losses by fire, insects and disease.

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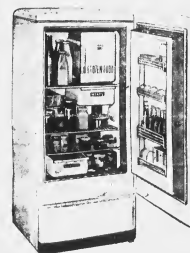
**Officer Arrives
At Salvation Army**

Lieut. and Mrs. George King, of Toronto have arrived in Coleman to take charge of the Salvation Army work here. Mr. and Mrs. King report that they are here to serve the people of the town and surrounding area and ask that they do not hesitate to ask for any assistance needed.

Lieut. King has just completed his training and will serve his first commission here in Coleman. A veteran of 6 1/2 years service with the Canadian Army, he spent 5 1/2 year overseas and 1 1/2 of them with the auxiliary services. During his army service he was for a time attached to the Southern Alberta Regiment. He was married to an English girl while overseas and they have one child.

WEDDING CAKE boxes can be secured at The Journal office.

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Diced Beets, 2 tins	-	.29
Milk 6 tins	-	\$1.00
Lux Soap, 4 bars	-	.29
Woodburys Soap, 4 for		.28
Sunlight Soap 3 bars for		.35
Walnuts, cello	-	.39
Raisins, 2 pounds for		.49
Currants, 2 pounds for		.49

Salmon, Clover Leaf, 2	.89
Prem, 2 tins	.69
Meat Balls, Burns 2 for	.89
Peaches, choice, 3 tins	.69
Purex, 3 rolls	.39
Kleenex, man size	.69
Kraft Cheese half pound	.35
Ontario Cheese, nippy	.59
Casino Blue Cheese, pkt.	.29
Kraft Dinner, 2 for	.29
Tuna Fish, light, tin	.35
Fort Garry Coffee	.95

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Odds & Ends

Some of our residents must be getting ready for the anticipated increase in tourist business. Not to be outdone by other points with Caddy and Ogopogo our friends report seeing a serpent of great magnitude in Crows Nest Lake. Anybody care to name the sea serpent?

Fishing stories are dime a dozen in town these days, but the one we like is the one about the fisherman diving into the swamp when he mistook fellow workers for the game wardens.

In an attempt to beat the heat a few weeks ago we journeyed to Radium for a look at the country and a swim in the pool. The countryside did not impress us to any extent and the hot weather soon brought out the grouching. Stopping at the viewpoint overlooking the start of the Columbia River we remembered a record we read of the trials and tribulations of the men that explored this country. We couldn't help but feel that our belly aching was groundless. This is not a pretty story, but it is a true story of conditions worse than just a warm day. We reprint the story as we remember reading it so that the heroic actions of these pioneers will not be forgotten.

In April 1817 Ros Cox's party tried to ascend the Columbia River and cross the Rockies by the Athabasca Pass to Montreal. On May 27th they reached the top of the Big Bend, a place called Boat Encampment, north-west of Beavermouth. At this point seven men were so weak, sick and worn out that they could proceed no further. They were given canoes and supplies and instructed to attempt the return down river to Spokane House.

After tedious labors that accompanied this type of travel they reached a point called Dales de Morts (North of Revelstoke). While passing their canoe over rapids at this point with a light line the line became caught in a whirlpool... snapped and the canoe with all provisions was lost.

Destitute and stranded at a time of year when it was impossible to procure wild fruit or roots... threatened by the continual rising of water... they were compelled to force their way through the dense forest with water as their only nourishment.

Travel each day in this dense wood resulted in only a few miles travelled but each step sapping their strength. On the third day one member of the party by the name of Macon, died, and his comrades, unconscious of how soon they may join him in death, divided his remains into equal parts and subsisted on this for many days. A tailor by the name of Holmes was the next to die and the remainder subsisted on his remains for a time. As days stretched into weeks the party grew smaller until only two men remained—Dubols and LaPierre. LaPierre was finally found on Upper Arrow Lake by two Indians and taken to Kettle Falls (State of Washington) and then to Spokane House.

After his rescue LaPierre stated that following the death of the fifth man he and Dubols remained for some days at that spot living on the remains. When they felt strong enough to continue they loaded themselves with as much flesh as they could carry and travelled as far as the Upper Lake. Their food gone again they were reduced to prospects of starvation. On the second night after their last meal LaPierre observed suspicious actions on the part of his mate Dubols, and after laying down to sleep for the night and feigning sleep he observed Dubols cautiously opening his clasp knife. A desperate conflict followed in which LaPierre wrested the knife from his opponent and was obliged to cut Dubols' throat.

Further on on this same trip we stopped to let the car cool off and pulled in beside another Alberta driver with the same trouble. It seems this couple was from the coal country around Edson. When he heard we were from Coleman he wanted to know why we voted against the

agreement. Seems some of our northern miners don't follow the results of their own voting too closely. As we recall Coleman men accepted the agreement.

Visited the fort at Invermere built by David Thompson during his days of exploring and fur trading. This was just another proof that our history and historic sights are going down the drain.

Walking around this fort brought to mind another story that we dug up some time ago. As we recall it Henry the Younger was factor at Rocky Mountain House when Thompson was racing the Astor party to the headwaters of the Columbia River. Blackfeet and Cree at this time were friendly towards the white man and with rifles obtained from them found raiding among the Kootenays easy. It was their belief that once Thompson entered the Kootenay country their enemies would receive guns and could shoot back. To prevent this Indians lined both sides of the Saskatchewan River to prevent Thompson going on.

Henry the Younger broke out the rum supply and treated the natives to all they could handle. Two days later the Indians were in such a state of drunkenness that Thompson launched his canoes and continued. The Astor party reached the headwaters two days before Thompson and claimed the states of Washington and Oregon for the U.S.A.

Hotel Association Offer Scholarships

Opportunities for furthering education is offered Coleman students along with fellow Albertans due to the generosity of the Alberta Hotel Association.

An enlarged scholarship program offered by the hotelmen for 1953 provides for 53 scholarships valued at \$25,000, all tenable at the University of Alberta. The scholarships for this year are distributed as follows: 5 each for Edmonton and Calgary; 10 each for the southern and central Alberta zones; 20 for the northern Alberta zone and three in the Peace River area. Rural students attending the University of Alberta at Calgary or Edmonton, who qualify for scholarships will receive \$500 awards.

A special fund of \$5000 has been established by the AHA designed to help the students in lower grades who require their financial assistance to further their education. For example, a high school student experiencing financial difficulty, who may be registered in Grade 10 or 11 and has given indication of ability and desire to go on to higher fields of education would qualify for this fund.

Any Alberta student who has completed his high school studies with the matriculation standing required for the faculty of his choice at the University of Alberta may apply for one of the AHA Scholarships. Only girls taking the first year of the degree course in Nursing at the University are eligible to apply for scholarships. Girls taking the regular three year training course at various hospitals do not qualify for assistance under this year's program.

Any young man or woman who is employed and has obtained their matriculation may apply for one of the scholarships offered by the hotelmen. This will enable those who could not attend University on the completion of their high school to do so now.

Application forms may be obtained from: The Secretary, A.H.A., 306 Foothills Building, Calgary, Alta.

All applications should be returned to this address by August 10, 1953. Applications filed at the earliest possible date prior to greatly in order to facilitate checking.

SOURCE OF REVENUE

Provincial and federal governments obtain, directly and indirectly, revenues out of all proportion to the sums they expend on the forests of the Crown.

MILLS NEED FORESTS

The future of the individual pulp and paper mills depends on the forest management they provide. They need wood in perpetuity from their forests.

FOR QUICK, EASY MEALS

SOUP 'N' SALAD

To Solve Your Warm Weather Problems

You are sure of your salads being fresh, crisp and flavorful when you select your fruits and vegetables at Owen's

A SOUP FOR EVERY TASTE	
Green Cabbage	12
Green Onions	10
Celery	.22
Lettuce	.15
Grapes	.35
Oranges five lb.	55
Cukes lb.	.18
Apples lb.	.14
Vegetable, 2 tins	.31
Tomatoe, 2 tins	.29
Oyster Cr., 2 tins	.39
Cr. Mushroom 2 for 39	
Celery tin	16
Vegetable Beef 2 for 39	
Beef, 2 tins	39
Cream of Chicken 2-	39

A STORE
we want you to know as a
Friendly Store

MONEY SAVERS IN MISCELLANEOUS FOODS

Mazola Oil 16 oz tin	.48
Sockeye Salmon halves, 2 for	.85
Pink Salmon, 16 ounce, tin	.39

ICE CREAM

French Ice Cream, tub	.40
Bricks, Crystal	.30
Tubs, Purity	.30
Popsikles, Dreamskiles, Revels	.5

Shrimps, 5 ounce tin	.59
Miracle Whip, 32 ounce jar	.89
Sweet Mix Pickles, 16 oz.	.45
Sweet Gherkins, 16 ounce	.59
Mustard Pickles, 15 ounce	.40

Add flavor to the meal

BUY SUPERVALUE, FLAVORFUL MEATS

Liverwurst per pound	.39	Pork Chops	.63
Fowl, Grade A, per pound	.49	Sirloin Steaks	.67
Polish Sausage, pound	.49	Baby Beef Liver, pound	.59
Bacon, Jubilee or Devon, 4 lbs.	.95	Fresh Fish Every Thursday	

Freezer Owners Inspect our low cost 30 lb. Meat packs as low as \$12



A Complete Stock Of Bread And Baking

Dad's Oatmeal, pkt.	.27	Dad's Coconut pkt.	.27
Tourist Mix Cellos packages at	.35, .39 and .43		
BREAD Palace, McGavins, Westons, Patons 2 for	.35		

OWEN'S

RED & WHITE

Of Many Things

(by Ambrose Hills)

It is very true that if you keep one eye on yesterday and the other eye on tomorrow you will be cockeyed today! I have never

yet met a fellow who could show me where the job he held was too hard; but I have met many fellows who, because their minds were on yesterday or tomorrow, failed to do the job at hand. This morning I had occasion to talk to three different men, and

the straits they were in brought this old truth home to me once more.

The first man had worked for me at one time. I had been very pleased when he decided to leave me. He was a brilliant fellow, capable of doing fine work from time to time. But his was a fabled nature. A chip was balanced on both his shoulders. He expected to be misused. The world had been against him in the past; and he always expected trouble in the future. I don't think he ever did put his whole mind to the task of the day. When I talked with him this morning he had a sad story to tell.

The second man was a stranger to me. But as he began his recital, in which he asked me to keep an eye open for a job for him, I noticed something. He had never, in his opinion, been given a fair chance. He had been denied opportunity to do the big things he felt he was capable of. He was a man, he said, given a boy's work. So he had quit his job to seek bigger things.

The third man was in trouble, too. (It was a gloomy morning.) He was an old friend of mine and I am very fond of him. He wanted to borrow a little money. At the end of our chat, he shook his head and said, "You know, I'm ashamed to be asking help this way. I can't understand what's wrong with me. I've always found my work easy enough. Fact is, I can do it with my eyes shut. But now—well, I guess I've too big a record of failure behind me to ever snap out of it."

For the first two men I see little hope. Expecting trouble and misuse, they will undoubtedly continue to receive it. They have voluntarily joined that dismal army who blame their boss, their country, the system, their family, luck, or anything you can name, for their misfortunes. They are the Gloomy Gusses loaded with shoulder chips. The whole world should be changed, they think, in order that they may be rewarded.

For the third man, I can see a whole new life, if he can by

some magic, adopt a new attitude. At least he doesn't blame others for his lack of progress. If he can shrug off that "big record of failure" that hangs from his shoulders like an anchor, if he can walk out in the world today and use all his talent and

ability to do whatever comes to his hand to do. To dress his best, smile his best, think his best. If he can forget the past and ignore the future, and throw into his present life the sum total of his abilities, he will do well. He will stop doing his jobs with his eyes

shut, and will open them wider. Most of us, if we set about it, could do most anything we're called upon to do with greater skill. That is the story of three men I met today. Perhaps, to some degree, it is the story of us all. We could do better if we expected better of ourselves.

Drink
MISSION ORANGE
TO ENJOY THE FULL FLAVOR OF *Sun-ripened CALIFORNIA ORANGES*

UNEMPLOYMENT INSURANCE BENEFIT PAYMENTS CONTINUED DURING ILLNESS

EFFECTIVE AUGUST 3rd, 1953

Benefit will be paid for days of illness, injury or quarantine, if claim has been filed and waiting and non-compensable days served.

If you are on claim and are unable to report because of illness, injury or quarantine, write immediately for full particulars to the nearest

NATIONAL EMPLOYMENT OFFICE

UNEMPLOYMENT INSURANCE COMMISSION



Published by authority of
HON. MILTON F. GRFGG, Minister of Labour

AS OF AUGUST 1 1953

All Garages And Service Stations In Coleman
Have Found It Necessary To Place All

GAS, OIL AND GREASES

On A

STRICTLY CASH BASIS

- Signed -

Motordrome **Pete's White Rose**
Len's Garage & Service
Coleman Motors **Jim's Service**



Let's...

Expand Coal Markets

Your Liberal Candidate, Joe McIntyre
knows this coal business from the underground up.

VOTE

McIntyre, J. J. X

Campaign Headquarters - Box 224 or Phone 2107 Blairmore, Alta.
This Advertisement Inserted By Macleod Federal Liberal Association

You gave him this job to do

and St. Laurent is getting RESULTS!

In 1949 the Canadian people expressed their confidence in St. Laurent and the Liberal program. This glance at the record reveals some of Canada's tremendous accomplishments under St. Laurent's leadership. No other country has fought a war, balanced its budget, reduced its debt, cut taxes—all at the same time.

Now there's another big job ahead. And Louis St. Laurent has proved that he, more than ever, is the Canadian best fitted to do the job.

Promoting employment and prosperity ✓	More Canadians working, for higher pay, than ever before... New records established in national production, national income every year since 1949.
Developing our trade ✓	Old markets expanded, new markets opened up... Canada third largest trading nation in world... External trade at all-time high... Negotiated mutual tariff concessions with 34 countries—a practical way of freeing international trade.
Expanding our industry ✓	Liberal policies have encouraged rapid economic growth... Unprecedented development of resources... Consumer purchases doubled since the war... Investment in new plants and equipment running over \$5 billion a year.
Strengthening our dollar ✓	Budgets balanced... National debt reduced... Inflation brought under control... Taxes lowered... Canadian dollar strong.
Supporting farming and fishing ✓	These basic industries aided by trade agreements, floor prices... New low-cost insurance plan assists owners of smaller fishing vessels... Farm production and income at record levels.
Fostering good labour conditions ✓	New federal legislation prohibits discrimination on grounds of race, colour or religion... Unemployment insurance extended to cover seasonal lay-off of workers... Special efforts to help disabled workers to find useful and satisfying employment... Time lost from strikes at low point.
Working for National Security ✓	To prevent aggression, Canada's forces serving in Far East and Europe... Canada making major contribution to NATO defence build-up... Largest peacetime defence program in our history... Full support to United Nations... all to preserve peace.

A Great Leader
for a Greater Canada—
**VOTE
ST. LAURENT**

NATIONAL LIBERAL FEDERATION OF CANADA



Vote X for Your Liberal Candidate!

J. J. McINTYRE

Published By The McLeod Federal Liberal Association

DANCE

To
HAROLD ANDERSON
and his
CALGARY RANCH BOYS

AT MICHEL
Fri. July 31st

Popular Prices

GRAND UNION HOTEL

Hot and Cold Water
in all Rooms
Coffee Shop in Connection
A. Wilson, Manager

T. B. Northfield Optometrist

will be at
**BLAIRMORE
PHARMACY**
Friday, Aug. 7
Appointments may be
made at the Blairmore
Pharmacy

BUILDING CONTRACTORS

Builders Headquarters
**Celli's Building
Supplies**

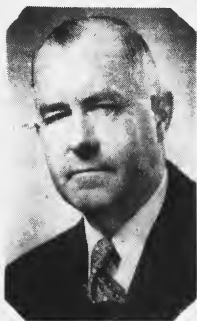
- O-K -

RUBBER STAMPS

PROMPT SERVICE

HANSELL

is your
MAN



**PROVED
to be**

- Capable
- Experienced
- Trustworthy

**VOTE
SOCIAL
CREDIT**

Hansell X
Inserted by John Hunter,
Official Agent

LOCAL AND PERSONAL NEWS ITEMS

Mrs. N. Milo and son Michael have returned from a holiday at Spokane.

Mr. and Mrs. Ed. Ledieu have returned from a holiday spent at Tacoma, Wash.

Mrs. Bert. Murray of Nordegg, is visiting her mother, Mrs. J. Jackson.

Miss Rosalie Lowe is spending a holiday at the home of Mary Dwyer, Cowley.

Mr. and Mrs. J. M. Allan were Waterton Lake visitors last Sunday.

Mrs. M. Donaldson of Lethbridge is the guest of Mr. and Mrs. S. Dewar this week.

Mr. and Mrs. R. N. Donaldson of Cranbrook, were the guests last week-end of the latter's parents, Mr. and Mrs. S. Dewar.

Miss Lita Gerhart is the guest of Miss Kay Hurlbert at the United Church Manse.

Mr. and Mrs. Tad Kitaguchi accompanied by Sam Sato spent a two week holiday in Vancouver and U.S. points.

Mr. Frank Slavik and Mrs. F. Slavik sr., accompanied by Yvonne and Andy Gruhlich were week-end visitors to Waterton.

Mr. and Mrs. N. McKinnon spent the past week-end in Kimberley.

Mr. and Mrs. Harry Llyand family of North Battleford were recent guests at the home of Mr. and Mrs. A. MacQuarrie.

Mr. and Mrs. John Morrison and daughter Chrissie spent an enjoyable holiday in the States travelling via the Logan Pass. They were accompanied by Mr. Freddy Anderchak.

Mr. and Mrs. N. Davies of Vancouver visited Mr. and Mrs. G. Dunford.

Mrs. Ed. Dumont of Edmonton was the week-end guest of her parents Mr. and Mrs. J. Kovacik of Coleman. While here she attended the Mark Kovacik wedding in Blairmore.

Mr. and Mrs. Roy Ash and daughter, of Vancouver, are the guests of his parents Mr. and Mrs. E. Ash.

Mrs. W. Jones and daughter Kathryn and son William, of Calgary, are the guests of Mrs. Agnes Ryan.

Mr. Robt. Jenkins, Archie Anderson and Jack Duncan, are spending their annual fishing trip at Twin Cities.

Mr. and Mrs. D. W. Jessey, of Calgary, visited with Mrs. Jessey's brother Mr. and Mrs. G. Jenkins this week.

Bill Price and Mr. and Mrs. H. Pownall and daughter left last weekend for a holiday to various points in B.C.

Bill Wesko and Ken Hammer spent last weekend at Waterton. Vionne Allen, of Calgary, is visiting Mr. and Mrs. H. Pownall and family.

Miss Ann Saloff and Miss Kathy Nakoff are holidaying at Great Falls. Mr. and Mrs. Roy Woods, of Sentinel, are holidaying in Ohio.

A party consisting of Misses Joan Coover, Lily Colley, Mary Wilson, Helen Makowichuk, and Delina Celli are holidaying at McBain Lake.

Mr. C. Freeman, accompanied by Mr. and Mrs. H. Welton and Mr. and Mrs. J. Parks were visitors to Coeur D'Alene and Spokane last week.

Insurance adjusters and gar-

age crews tried unsuccessfully last Wednesday to locate the car that was lost in Crownst Lake last week. All hope of recovering the car has been given up.

Mr. and Mrs. G. F. Story, Misses Doris and Megan Davies, of Edmonton, were in town on Thursday to attend the funeral of their beloved mother Mrs. Lavinia Davies.

The Journal goes to at least 472 homes in Coleman and probably to between 500 and 600 all because this number of people have paid the usual subscription price or take it regularly from the news boys. We make no pretence of assuring the advertisers that we go to more homes, but we are proud of this high percentage in one town, a percentage that can be proven by our records. It is our contention that a paper that is going to a home that has subscribed to it is a paper that was wanted by the readers. An excess publishing and circulation would merely mean that our back room would be piled with unwanted papers.

The Journal offers no budget packages, all advertisers pay the same rate, the man taking the monthly space of 10 inches and the man taking the space of 100. Our rates are listed with advertising magazines and agencies, rates that are as low if not lower than those in most centres—rates that are adhered to. It is only good business sense to know what your product is costing and how much it must earn that it can continue. It is on this basis that we will rise, fall or remain constant. Any business venture exists only as long as it is operating at a profit. A newspaper will continue to serve a district only as long as that district warrants the service by its patronage and co-operation. The fact that a town needs or should have a paper does not necessarily say that it can operate. Those who assisted for the return of the Journal are asked to put the same exuberance behind our efforts to provide even a better Journal.

Joe Kostelnik Bereaved

Mrs. Mary Kostelnik, 79, mother of Joe Kostelnik of Coleman, passed away at Lethbridge on Saturday, July 25th.

Funeral services were held in St. Peter's and St. Paul's Catholic Churches, Lethbridge on Tuesday.

JUNIOR HOCKEY RETURNS

Announcements from Western Canada Junior Hockey League last weekend stated that all 7 teams would return to the ice for the 1953-54 season, including the Coors Nest Pass Coalers.

The announcement settled speculation as to the chances of Junior Hockey here, speculation that has been held since the near demise of the team at the closing stages of last season. Any further information regarding the team, plans and coaching will be released by the Journal as it becomes known.

Tom Lamont, Bellevue, represented the Coalers and stated that the club is being reorganized and counts on re-entry to the league. Other clubs wanted assurance that the Coalers would complete the season and it was resolved that all clubs increase their cash deposit from \$500 to \$1,500 payable to the league by September 1.

CARD OF THANKS

I wish to thank all those who contributed to the show-er in my honor and to those who sent gifts and were not present. A special thanks to the hostesses: Meadames, Irene Ondrus, Edna Ondrus, Mary Getman, A. Salus, sr., Margaret Salus, Helen Salus, Anne Dobek, Mary Sagoff, J. Mayerchuk, Mary Fauville, Joyce Girhiny, Irene Kovach, Misses: Albina Soroff, Anne Saloff, Kathy Nakoff, Sophie Simla, Doreen Jenkins.

Julie Kapalka.



Weddings and Showers

POPULAR YOUNG MAN OF COLEMAN WEDS ENGLISH NURSE

On Saturday, July 18, at a very pretty summer wedding in St. Alban's Anglican church, Coleman, Miss Kathleen Francis Doloughan, R.N., daughter of Mrs. and the late Mr. E. W. Doloughan of Heston, Middlesex, England, became the bride of Mr. Kenneth James Short, only son of Mr. and Mrs. S. C. Short of Coleman.

Padre Moss, D.C.M., read the marriage lines before an altar adorned with white peonies. Mrs. S. Penny played the wedding music.

Escorted to the altar by Mr. S. C. Short, the bride wore a waltz-length dress of Chantilly lace and net, fashioned with light fitting strapless bodice modified by a long sleeved bolero-length jacket of lace, and bouffant skirt of net over satin with cascading overskirt of lace. Her finger-tip veil of net edged with lace was held in place by a tiara of seed pearls. She carried a bouquet of sweetheart roses, and her only jewelry was a wrist watch, the gift of the bridegroom.

Mrs. William Melnyk, sister of the bridegroom was her only attendant. She chose for the occasion a dress of yellow net over taffeta, with matching gloves and floral headress, and carried a bouquet of mauve and white carnations. Groomsman was Mr. Ralph Brightly of Lethbridge, and ushers were Mr. William Melnyk, Mr. Harold Turner and Mr. Clarence Clarke.

A reception followed at the home of the groom's parents, where, together with the bride and groom, they received their many friends. Padre Moss proposed the toast to the bride.

The rooms decorated with summer bouquets made a delightful setting for the elegantly expatiated tea table, which was centred with a three-tier wedding cake, flanked by lighted tapers, over which Mrs. Horace Allen presided, with Mrs. Frank Aboussaty and Mrs. John McDonald sharing the honors. Assisting in serving were Mrs. Jack Colwell, Mrs. Robt. Pattinson, Mrs. Gordon Muspratt, Mrs. Joseph Panek and Miss Shirley Montabetti, while Mrs. Percy Dickleson invited the guests to the tea room.

For the honeymoon trip to Waterton Lakes the bride changed to a navy taffeta dress; complemented with white accessories and wool topcoat. Upon their return Mr. and Mrs. Short will reside in Lethbridge where Mr. Short is employed with Household Finance Corp.

Out-of-town guests were: Lethbridge—Mrs. J. W. Boulton, Mrs. W. P. Roy, Mr. and Mrs. W. H. Shor, Miss Agnes Short, Miss Claudia Tennant, Miss Betty Welcher, Miss Helen and May Shimbashi, Miss Barbara MacKay, Miss Gienna Gorrill, Mr. and Mrs. C. W. Boulton, Mrs. W. R. Brookes, and Mr. R. Brghy.

Calgary—Mr. and Mrs. J. J. McIntyre, Mr. Frank Fleming,

Mr. J. B. DeWolf, Mr. and Mrs. Alan Short and children, Mr. and Mrs. Jack Dunbar, Granum—Miss Elaine McLean.

RED ROSES & WHITE LILIES PROVIDE PRETTY SETTING IN RUTLAND CHURCH FOR NUPTIALS

Red roses and white lilies provided a pretty setting in Saint Theresa's Catholic church for the marriage of Margaret Suzanne Bauer and Joseph Ziajka on Thursday, July 9, in a 10 a.m. ceremony.

Rev. F. L. Flynn officiated for the daughter of Mr. and Mrs. John Bauer and the son of Mr. and Mrs. Michael Ziajka of Coleman, Alberta.

Given in marriage by her father, the bride donned a full-length gown of lace and net featuring a strapless bodice which she complemented with a lace bolero. Her finger-tip veil was crowned with white blossoms and she wore the groom's gift of a gold cross necklace with matching earrings. Her bouquet was of red roses and white carnations.

As maid of honor, the bride's sister, Miss Elizabeth Bauer, chose a lace creation in yellow and bridesmaid, Miss Helen Ziajka, donned a pale green. They wore floral crown headresses to match their ensembles and carried colonial bouquets of mixed summer blossoms.

Groomsman was Mr. Walter Badzioch while Mr. John Bauer, brother of the bride, ushered the guests. Soloist was Mr. J. Fahlman.

White, green & yellow streamers, reflecting in bouquets of sweet peas and roses on the banquet tables, decorated East Kelowna community hall for the reception for the 100 guests. A wedding dance followed the supper.

For the occasion, the bride's mother donned a two-piece dress of navy and white with white accessories and she wore a corsage of pink carnations. The groom's mother chose a navy frock which she accessorized in navy and white and she wore pink carnations on corsage.

Mr. D. H. Campbell proposed the toast to the bride to which the groom responded and the groomsman proposed a toast to the bride's attendants.

A three-tiered wedding cake, topped with white wedding bells, centred the bride's table.

The newlyweds will take up residence in Calgary.

Mrs Allan Kostelnik Honored At Shower

On Friday July 17 in the I.O.O.F. Hall, one hundred ladies gathered to honor Mrs. Edna Kostelnik, bride of Allan Kostelnik, who are spending their honeymoon in Coleman visiting the groom's parents. Whist and bingo were enjoyed, prizes going to Mrs. Tiffin, Mrs. Blanche Young and Mrs. A. Jones for whist. Mrs. K. Gejdos, Miss M. Kennedy, and D. Fauville for Bingo. A delicious lunch was served by the hostesses, Mesdames A. Vasek, W. Wavrean, N. Goulding, D. Kennedy, M. Clarke, J. Bell, A. Sudworth, R. Moore, M. Gate, D. McGregor, H. Maslen, L. Price, H. Gejdos, B. Gejdos, and D. DeGroot, after which Miss B. Lejdos presented the honored guest with a beautiful cedar chest filled with linen sheets, pillows, satin comforter, pillow slips, towels, face cloths and table cloths with donations

collected. The hostesses presented her with a satin bound bed-throw and flannelette blankets and several other gifts sent or brought by the ladies present. Following the presentation Edna thanked all the ladies for the wonderful gifts and a special thanks to the hostesses who had worked so hard. She invited any of the ladies to visit her and Mickey if they are ever in Winnipeg.

Miss Julie Kapalka Honored At Shower

Approximately 100 ladies gathered at the I.O.O.F. hall on July 22 at a shower in honor of Miss Julia Kapalka. Whist and bingo were played with prizes awarded to Mrs. Ann Topak, Mrs. A. Panel and Mrs. J. Kubica. The guessing contest was won by Julia Kapalka. Through donations, the honored guest was presented with a chrome kitchen suite, trillite and matching ash stand. The hostesses gift was a coffee table and many other smaller gifts were presented by friends. Hostesses for the event were: Irene Ondrus, Mary Sagoff, Edna Ondrus, Margaret Salus, Mrs. A. Salus, Helen Salus, Irene Kovach, Joyce Girhiny, Ann Saloff, Kathy Nakoff, Ann Dobek, Doreen Jenkins, Albina Soroff, Mary Getman, J. Mayerchuk, Mary Fauville and Sophie Simla.

Former Resident Killed In Car Accident

Malcolm Gareau, former Coleman residents and nephew of Albert Gareau, of Coleman, was killed in a car accident at Natal last week. Gareau was 24 years of age and a resident of Pincher Creek. For sometime he was employed with the Dept. of Highways here and boarded at the home of Mr. and Mrs. J. Hanrahan.

The death occurred as the result of a car accident at the Elk Valley bridge just a few miles west of Natal. Ted Phillips, Creston, was killed in the same accident and three others injured. The inquest will be held when those who were injured are released from hospital.

Theatre Notes

"Rainbow Round My Shoulder" has as its background the Columbia Studio in Hollywood and is the story of a messenger girl that is discovered by accident by a producer. Her legal guardian refuses to let her sign a contract, but things work out and the story goes on showing at times techniques of film making and motion picture personalities.

"Scared Stiff" tells the story of Jerry Lewis, a night club bus boy and Dean Martin, singing star at the same club, who falls in love with Elizabeth Scott and accompanies her to an island in the Caribbean which she has just inherited. On the island they have a series of misadventures with a hoodlum gang.

DANCE

To
HOD PHARIS
and His Orchestra
Turtle Mountain Playgrounds
Sat. August 1

ARE YOU 21?

Then in the coming election you will exercise the right of every citizen...
The right to VOTE!

Canada is a young, forward-looking country. Joe McIntyre, himself a father of nine believes in the integrity of youth. YOU are Canada's future

VOTE

McIntyre, J. J. X

Campaign Headquarters - Box 224 or Phone 2107 Blairmore, Alta.
This Advertisement Inserted By Macleod Federal Liberal Association

OUR COMPLETE SHORT STORY—

Menace In the Wind

By ALICE FISHER

"DON'T risk it, Nadine," Peter O'Hara begged. "Not in the wind."

"Stop fretting, Dad," the girl retorted. She picked up the rubber helmet of the white diving suit, which covered her from head to toe. Slim and vibrant she stood, pulling the cap over her hair. Her face was as white as her suit but her eyes were determined.

Her mother glanced up from fixing a ballet skirt. "Terry won't like it," she said.

All their lives the O'Haras had been in show business, and Terry, 12 years older than Nadine, had been a feature diver. Twice a day he had climbed to a platform 200 feet up and launched himself into a tiny tank, the steel rims of which promised death for a mistake. Three months ago wind had swayed the tower, and although his skill had enabled him to miss the ring, he had hit the side and now lay broken in body.

Terry adored his little sister. As a child, he trained her on a lower level. But he had forbidden her to step past the first 100 feet of the tower, and at 13 she had gone away to school. Three years later, called home by his accident, she had gone to the manager and asked for the act.

"You've never dived from that height, and anyway you're rusty," was the refusal.

"Let me try it," she begged. "An

operation might save Terry and his

dead money."

The manager had scratched his ear. If she could do it, she was a showman's answer to prayer. But if she missed . . . He shook his head. "You've forgotten how small that tank is . . . I'd rather advance your father the money."

"You'd advance the money," she retorted, "and put us in debt for the rest of our lives."

Exasperated, the manager marched down the lot to her father. "Pete," he said, "the kid wants Terry's act." "Please let me," her father begged. "I will not," her father refused. "That's a job for a man. Why don't you help your mother with the wardrobe?"

"Mother wouldn't be taking care of the wardrobe if she hadn't broken her hip," Nadine retorted. "She would be high up, swinging from a trapeze." Realizing what she had said, she turned to her mother, begging forgiveness.

But her mother had gazed deeply into her eyes. Then, turning to the two men, her Irish voice slurring, she had remarked quietly, "Who are you to ground the fledgling of Clare O'Hara? Let her start at 50 feet. When she's ready, she can go higher."

"If I can do Terry's act," Nadine interpreted, "I want Terry's act." The manager's eyes twinkled. "Seems you want a lot, young lady. That had been three months ago, and for the last two, the slim white figure had flashed through the air twice a day from the high platform to the awed delight of the spectators. For the wind whistled and her parents' eyes met in fear. Peter slowly picked up his whip and started for the big-top. Nadine wrapped a cloak about her, and kissing her mother, stepped outside into the pulsing noises of the midway.

Despite the night's weather, there was a big crowd around the tank.

"She's going up," a girl's voice quavered.

"It's her job, I suppose," a man answered. "But look at the tower again."

The spotlight picked out the white figure, as it slowly mounted. Nadine could feel the tremors, and she tried to remember everything Terry had taught her.

Suddenly Nadine launched into space. With every trick she tried to guide her body toward the centre of the tank.

"She'll never make it," a man growled.

"She's in," someone shouted.

Only Nadine knew, as her shoulder lightly brushed the wall, the narrow margin of her safety.

As she climbed out, she lifted her face to the high platform and whispered, "More money for you, Terry."

The white coat was wrapped about her, and she stood waving at the crowd. Then she slipped away.

(Copyright Wheeler Newspaper Syndicate)

THE SPIDER WEB

In crawling up the thread that it has spun, a spider winds it around the tips of its two front feet. Then the spider either drops it, or perhaps swallows it, so it can be used over again. The thread is a product of a saliva-type of material secreted by certain glands in the spider's 'tail.' It comes out as a liquid and hardens to a silken thread on exposure to air.

Portugal has been an independent state since the 12th century.

SORE MUSCLES?

Want to relieve them—QUICK? Get quick-drying Minard's Liniment—rub it in well. You'll get relief, and quick, too!

3-51



LIKE A ZEPHYR—That's the way a girl should feel when she wears this slim, long-lined sheath dress in luminous shantung. Henry Rosenfeld designed the washable, wrinkle-resistant, durably pleated frock. The narrow waist has a softly crushed cummerbund and the sleeveless blouse a wrapped effect.

Fishing Note: Trout Not Fussy Eaters

TORONTO.—Fishermen take note. The Ontario lands and forests department says lake trout usually are easy to catch because they aren't hard to please.

"They strike readily at most baits found in any fisherman's tackle box, including plugs, spinners and spoons of almost any kind," a recent department circular notes. "Using fairly light tackle many find a live minnow on a light leader, with a sinker to carry it into the depths, is deadly."

An Indian trick to fool the fish is a ball of white wool thread wrapped around the hook as bait.

The department plans to stock Ontario lakes and streams with some 3,000,000 trout this spring.

THE NORTH BECKONS

The Yellowknife Tourist Bureau has opened up under the direction of L. F. G. "Bob" Borden. The bureau will supply information about the many fishing trips in the Yellowknife area, rates and general information on a vacation in the Northwest Territories. There are a number of pack-age tours which include airline fares from Edmonton. Complete information is yours by writing L. F. G. Borden, P.O. Box 201, Yellowknife, N.W.T.

FALSE TEETH

That Loosen Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at the wrong time. Do not live in fear of this happening to you. Just sprinkle a little FASTERITE, the alkaline (non-acid) powder, on your plates. Holds false teeth more firmly, so they don't move. Comfortable. Does not sour. Checks "plate odor" (disease breath). Get FASTERITE at any drug store.

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Funny and Otherwise

Two women were discussing a highly confidential matter.

"I told Grace about it," said the first, "in strict confidence, of course."

"Did you warn her not to repeat it?" said the other.

"Oh, no," replied the first. "I didn't dare do that. I thought that, if I did ask her not to repeat it, she'd think it wasn't worth repeating."

"Do you know how many men fall in love with her because of the exquisite perfumes she uses?"

"Oh, I'd say about 10 per cent."

"So the electrical treatment has relieved your rheumatism, George?"

"Ay," said the old man, ruefully, "but I can't tell now when it's going to rain."

"He told me that I looked positively ethereal in the moonlight."

"What does that mean?"

"I don't know, but I smacked his face to be on the safe side."

"Her car stalled at the corner and the traffic light changed red, yellow, green, red, yellow, green, etc. The police policeman stepped beside her car and said: 'What's the matter, lady, ain't we got any colors you like?'"

"They say brunettes have sweet dispositions than redheads."

"That's a lot of honey. My wife's been both and I can't see any difference."

"Do you ever have rows with your wife?"

"We used to until we realized I was wrong."

Aunt Mary: "And what did Daddy say when you told him you had won first prize for dictation?"

Bobby: "He said, 'Well, well, you're getting more like your mother every day.'"

Dinner-Waiter, there's a twig in my soup.

Waiter—I wouldn't be at all surprised, sir.

This restaurant has branches all over the city.

Entering a department store new to him, a man approached a floor-walker and said, "I'm looking for a birthday present for my wife."

"How long have you been married, sir?" asked the floorwalker.

"Ten years."

"The bargain basement is downstairs."

"Now, boys," said the teacher, always remember that you should never end a sentence with the word 'with'.

"That is," he went on hurriedly, "unless you have nothing else to end it with."

"Bill comes from a poor family."

"But they sent him to medical school, didn't they?"

"Sure. That's how they became so poor."

The play had been long and uninteresting. One member of the audience kept mumbling a few words until a woman in an adjoining seat could restrain her curiosity no longer.

"Do you mind if I ask what you're saying?" she said.

"Not at all. It's merely 'I envy my one,'" replied the mumbling one.

"But why?"

"They're asleep."

Sailor—Man overboard! Captain—Full speed astern! Sailor—I'm sorry, sir, I was mistaken.

Skipper—Thank God! Full speed ahead!

Sailor—It was a woman, sir.

"Why, they say his singing has promoted the sale of simple thousands of radio sets."

"I can quite believe it. I sold mine after I heard him."

"I took my daughter to see her first football match last Saturday and she lost her voice."

"I expect she'll want to go again, though."

"Very likely—but I'm taking my wife next time."

—By Les Carroll

Keep Those Picnics Simple—Prepare Well In Advance

Picnicking? It's the season for getting out in the open, spreading a tablecloth on the grass and ignoring the cats. If there's a swimming pool handy, so much the better. If mother has packed a delectable lunch, well, that's just seventh heaven. Here's some time-seasoned advice about picnic preparations.

When making out the shopping list remember that one small sandwich loaf will cut into 30 to 40 slices, slightly less than one-quarter of an inch thick.

Two and one-half cups moist meat filling will spread one loaf.

One dozen hard-cooked eggs, chopped and mixed with onion and salad dressing, spreads one loaf.

To slice fresh bread thinly: always use fresh bread and chill the loaf in refrigerator before slicing. Using a sharp knife.

Save butter and filling by removing crusts (if they are to be cut from sandwiches) before spreading bread. Crusts can be used for crumbs, bread puddings and so on.

For butter economy: beat one cup of milk into one pound of butter.

Indoor Picnic

This salad sandwich loaf may not be the best type of dish to take on an indoor picnic but it would be excellent either for a garden-party or when friends drop in for supper.

Chill sandwich loaf to facilitate cutting. Trim off all crusts and cut

BALANCED MEALS

Here is a safe rule for providing your family with meals balanced for health. Select a wide variety of foods and include for each person in the family in each day's meals the following:

1. At least one pint of whole milk for each adult and one quart for each child.
2. One serving of meat, fish or poultry.
3. One egg or at least four to five a week.
4. One serving of whole-grain cereal or whole-grain bread at one, or all meals.
5. Two vegetables, besides potatoes—one leafy or raw vegetable, or a yellow vegetable.
6. Two fruits—one rich in Vitamin C.
7. Some butter or other fat, rich in Vitamin A.
8. Other foods to satisfy the appetite.

Warn Anglers To Use One Hook

PRINCE ALBERT.—A sharp warning to anglers not to use more than one hook on a line was issued by Fisheries Director A. H. MacDonald of Saskatchewan.

The 1953-54 fisheries regulations specify that only one line, and a single hook shall be used when angling. However, an artificial bait or lure, with 3 hooks in a gang attached is considered to be one hook.

Mr. MacDonald said there had been several infractions of this ruling to date "with only warnings given." However, he stated, any further violators would be prosecuted.

He pointed out that the "one-hook-on-a-line" regulation was a conservation measure designed to prevent anglers from using equipment capable of catching more than one fish at a time.

Do You Know That . . .

Snakes have no eyelids. Their eyes absorb sunlight but are blinded by twilight.

3046

"Proud to Serve You"

PEACOCK

VAN & STORAGE CO.

PHONE 92501 LIMITED REGINA

MOVING-CRATING-STORAGE-POOL CAR SHIPPING

Agents at Regina for

ALLIED VAN LINES

Nation Wide Moving

They're Simple—and Simply Delicious with **MAGIC**

MAGIC RAISIN SCONES

Mix and sift into bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted hard-wheat flour); 3 tps. Magic Baking Powder, ¼ tsp. salt. Cut in finely 4 oz. chilled shortening and mix in ¾ c. milk and dried raisins and ¼ c. lightly-packed brown sugar. Combine 1 slightly-beaten egg, ¼ c. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquid; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into gauges. Use lightly with fork, adding milk if necessary, to make a soft dough. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.

ITCH

Very first use of soothing, cooling, liquid D.D.D. Prescription positively relieves raw red itches—caused by eczema, hives, scalp irritation, chafing—other itches troubles. Grassless, sturdiness, and true benefit must satisfy money back. Ask your druggist for D.D.D. PRESCRIPTION.

Fashions

Sew-Easy!



4536
SIZES
2-10

by Anne Adams

So breezy—SEW-EASY! Whip up a slew of co-o-l cotton nighties for your little girls. No sleeves, no "close-closing" anywhere—they catch every breeze, make sleeping easier on hot nights. Choose cotton batiste, add a frosting of eyelid for gay femininity.

Pattern 4536: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2½ yards 35-inch; ¾ yard eyelet.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly size, Name, Address and Style Number and send orders to:

Anne Adams Pattern Dept., Prairie Publishers Limited, 60 Front Street W., Toronto.

THE TILLERS



ROXY THEATRE

Coming Attractions

2 Shows Each Night, except Sat., at 6:30 and 8:30
Saturday, Matinee 2 p.m., Evening 7 and 9 o'clock

Thursday and Friday July 23 and 24

Sword of Monte Cristo

A Technicolor Adventure Story
George Montgomery Paula Corday

Sat. and Monday July 25 and 27

Rainbow Round My Shoulder

A musical bringing you the top tunes of the years in lavish color
Frankie Lane Billie Daniels

Tues. and Wed., July 28 and 29

Scared Stiff

This zany pair are at their funniest with a ghostly twist
Dean Martin Jerry Lewis

Everything For The Photographer

Yes, we have everything for the photo fan — film Range Finders, Exposure Meters and cameras such as; TOURIST DUAFLEX HAWKEYE BROWNIE REFLEX

Take Color Pictures

We are proud to stock those two very fine cameras that have won a name for themselves as the best color cameras in the low price field

Kodak Pony 135 and Pony 828

Coleman Pharmacy

Telephone 3619 Main Street, Coleman

Sale!

Special Clearance



We are pleased to offer the ladies this special clearance on Ladies American Denim and Cotton

Square Dance Skirts

Many beautiful floral patterns to choose from in sizes 12 to 20 collectively. Regular to \$4.95

SPECIAL TO CLEAR

\$2.95

Freeman' Ltd.

LOCAL AND PERSONAL NEWS ITEMS

Born to Mr. and Mrs. Joe Rucha on July 19, a daughter.

Born to Mr. and Mrs. Val Kay on July 19, a son.

Miss Myrtle Johnston was a Calgary visitor last week.

Mrs. C. Coover and family holidayed at McBain's Lake.

Leslie Owen holidayed at Sylva Lake last week.

Jack Rushton was a recent visitor to Trail.

Mrs. M. Hazuka and Helen were Calgary visitors last week.

Miss Minnie Oleschow was a recent visitor to Kelowna.

Mr. and Mrs. G. Jenkins were recent Calgary visitors.

Miss Myrtle Johnston was a Calgary visitor last weekend.

Miss Annie Kajan and Adella Zinook spent their holidays in Creston.

Mr. Alex Stewart and Archie spent a weeks holiday at Waterton.

The annual picnic of the Willow Drive Association will be held on Sunday, July 26

Mr. and Mrs. Powlyk and family were Calgary and Drumheller visitors.

Mr. and Mrs. J. Nash have returned after a visit at Kimberley.

Patricia Nelson, accompanied Mr. and Mrs. Roy Whitehouse to Lethbridge last week.

Mr. and Mrs. W. Anderson and family are holidaying at Calgary and northern Alberta points.

Mrs. J. Derbyshire and son Jack left last weekend for a holiday at Vancouver.

Mr. and Mrs. Gordon Thomas of Edmonton were recent visitors with Mr. and Mrs. Ed. Somshor.

Mrs. L. M. Lunn, Williams Lake, B.C., visited with her parents Mr. and Mrs. Joe Plante.

Mr. Robt. Sobieraj, who has been flying out of Regina, visited in Coleman last week.

Mr. and Mrs. Evan Gushul and Mr. and Mrs. John Owen were Calgary visitors last weekend.

Miss Louise Aboussafy of Calgary, visited with her parents here last week.

Petty Officer and Mrs. K. W. Painter (nee Phyllis Valerio) who have been holidaying in Lethbridge with the latter's par-

ents Mr. and Mrs. L. Valerio, spent the weekend with Mr. and Mrs. J. Stevulak, of Coleman, and Mr. and Mrs. Lud Sterba, of Bellevue, are now motoring back to their home in Victoria, B.C.

Miss J. Maalen has returned from a holiday spent at Lethbridge.

Miss Kay Killoran is spending a holiday at Calgary and Claresholm.

Misses Elsie Sikora, Mary Truch, Frances Graham and Clementine Celli spent Sunday at McBain's Lake.

Mr. and Mrs. Louis Brnca, of Joliet, Ill., have been visiting with Mr. and Mrs. John Trsten-sky and other friends.

Mrs. F. Dupree of Calgary visited with her sister and aunt Mrs. M. Killoran and Mrs. H. Maslen.

Mr. and Mrs. M. Killoran and daughter have returned from a

holiday at Calgary and northern points.

Gloria and Carol Hlbein of Eureka, Montana visited their grandparents Mr. and Mrs. A. Anderson.

Mr. and Mrs. Len Purnell and family of Red Deer visited with Somshors enroute home from the west coast.

Mr. and Mrs. W. Dutil and Mr. and Mrs. Wm. Gate are spending a two week holiday at Seaside Oregon.

Mr. and Mrs. G. Rushton, Mrs. J. Derbyshire and Jack were recent holidayers at McBain's Lake.

Mr. and Mrs. Ernie Hill, accompanied by Mrs. S. Colley and Mary and Mrs. M. Kosma left last Saturday for Vancouver.

Gloria Vasek, of Lethbridge was a weekend visitor at the home of her parents Mr. and Mrs. Steve Vasek.

Classified Want Ads

FOR SALE: 6 acre orchard with buildings and irrigation. Best land and fruit in the valley. Tony Tryna, Creston, B. C. 3tp

WANTED, FORD MECHANIC
Fully experienced with Gov't license — steady work, good wages on flat rate time, group insurance, holidays with pay, well equipped shop. Apply service manager R. Minty, Pyramid Motor Sales Ltd., Lethbridge, Phone 6185. 2NP

FOR SALE: 1952 sky-blue Pontiac, fully equipped and showroom condition. C. Misurelli, Crowns-nest, B.C. 3tp

HELP WANTED; Janitor, part time daily. When applying state wages expected. Preference given to veterans. Address all replies to: President Canadian Legion Branch No. 9 Coleman. Replies must be in by Aug. 10

JIFFY PAPER
TOWELS,
per roll **.25**

PAPER PLATES,
9 in. size,
10 for **.25**

PAPER PLATES,
8 in. size,
12 for **.25**

WAXED SNACK
SACKS, Keeps
Food Fresh,
13 Large Bags
for **.10**

PUREX TOILET
ROLLS,
3 Large Rolls
for **.39**

WAX PAPER for the
Buckets, 100 ft. **.35**
Refills, each 29c

TOILET ROLLS, Park
Place, it's colored
and perfumed
3 rolls for **.35**

PAPER TABLE
NAPKINS,
White,
package of 70
for **.20**

NAPKINS, Dinner Size
White, package
of 40 for **.39**

KLEENEX, Regular
Size,
2 packages for **.43**

KLEENEX, Men's
Size,
2 packages for **.69**

Special

Palmolive Soap,
Bath Size,
3 cakes for **.29**

Special

Woodbury Facial Soap
Regular Size,
4 cakes for **.29**

Special

Princess Pure Soap
Flakes, Giant
Size, per pkg. **.71**

Special

Jergens Face Soap,
Regular Size
4 cakes for **.25**

Special

Lifebuoy Soap,
2 cakes and
1 sponge for **.31**

APRICOTS--Preserve Now. They will soon be over--APRICOTS

SODAS, Salted or Plain, Christies, Paulines or I.B.C., 2 lb. box **.65**
GINGER SNAPS, Fresh and Crisp, 1 lb. Cello pkg. **.35**
GRAHAM WAFERS, Christies, Fresh, per pkg. **.33**
CHOCOLATE PUFFS, Paulines, Fresh, per pkg. **.45**

DIGESTIVE BISCUITS, Peak-Freans, per pkg. **.29**
GARDEN CREAM BISCUITS, Peak-Freans, per pkg. **.31**
ASSORTED SWEET BISCUITS, Peak-Freans, per pkg. **.31**
CARAMEL WAFERS, Gray Dunn, per pkg. **.33**

DAD'S COOKIES, always handy, oatmeal or coconut, a pkg. **.27**
CHOCOLATE CHIP COOKIES, Christies, per pkg. **.35**
FIG BARS, Paulines, Golden Brown, Fresh, per pkg. **.45**
FIG BARS, Paulines, Chocolate covered, Fresh, per pkg. **.42**

Calgary or Blairmore Pop
Case of 24 Bottles
for **\$1.59**
Plus Deposit

Coco-Cola
Case of 24 Bottles
for **\$1.55**
Plus Deposit

7-Up Ginger Ale
Case of 24 Bottles
for **\$1.59**
Plus Deposit

Pepsi-Cola
Case of 24 Bottles
for **\$1.59**
Plus Deposit

TOMATO JUICE, Heinz, Fancy, 20 oz. tins, 2 for **.39**

TOMATO JUICE, Libbys, Fancy, 20 oz. tins, 2 for **.37**

BLENDED JUICE, Libbys, Sweetened, 20 oz. tins, 2 for **.38**

GRAPEFRUIT JUICE, Town House, Unsweetened, 20 oz. 2 for **.39**

PINEAPPLE JUICE, Doles, Fancy, 20 oz. tins **.20**

V-8 VEGETABLE JUICE, Campbells, 15 oz. tins, 2 for **.35**

APPLE JUICE, Sun Rype, Clear 20 oz. tins, 2 for **.33c, 48 oz. tin** **.39**

CARROT JUICE, made from fresh carrots, 20 oz. tins **.37**

LIME JUICE, Montserant, a refreshing drink, 16 oz. bt. **.49**

LEMON JUICE, Sunkist, Pure Unsweetened, 6 oz. tins, 2 for **.29**

NECTORS NUTTY CLUB, Just add water, per bottle **.35**

Orange and Grapefruit Concentrated Juice, Real Gold, 2 tins **.49**

PORK and BEANS, Libbys, Dark Brown, 20 oz. tins, 2 for **.49**

CORN, Cream Style, Fancy Golden, 20 oz. tins **.20**

PEAS, Mighty Mammoth, Fancy, 15 oz. tins **.45**

HONEY, McColls, Pure Liquid, 16 oz. jar **.45**

HONEY, McColls, Pure Liquid, 24 oz. jar **.75**

PEANUT BUTTER, McColls, Golden, Homogenized, 24 oz. jar **.69**

MINCEMEAT, McColls, Selected, 28 oz. jar **.55**

CRANBERRY SAUCE, Shirriffs Old Time, 16 oz. jar **.39**

New Pack Strawberry Jam
H. and P. Brand and It's Good. Absolutely Pure. TRY A TIN.

2 pounds for 65c
4 pounds for \$1.19
Price will be Higher.

Apple & Strawberry Jam
Mixed, H. P. Brand
4 pound tins, each **.83**

A NEW LINE
INSTANT ICING. Just add water. Comes in Pink, White, Chocolate and Maple, a pkg. **.20**

SUGAR
B. C. or Alberta,
10 pound sack for **\$1.10**

B. C. Icing Sugar
2 pounds for **.29**

Brown Sugar, Soft,
2 pounds for **.27**

PEARS, Taste Tells, Choice Bartletts, 15 oz. tins **.29**

APRICOTS, Valley Gold Choice, 15 oz. tins **.27**

PEACHES, Castle Crest, Choice Halves, 15 oz. tins, 2 for **.49**

BLUEBERRIES, Miss Canada Sweetened, 15 oz. tin **.35**

CORN FLAKES, Kelloggs, Large package, 2 for **.55**

PUFFED RICE, Quaker, 2 packages for **.41**

BRAN FLAKES, Kelloggs, per package **.20**

SUGAR-FROSTED FLAKES, Kelloggs, per package **.22**

SHREDDED WHEAT, 2 packages for **.37**

PEP, Whole Wheat Flakes, Kelloggs, large package **.29**

RICE KRISPIES, Kelloggs, large package **.32**

VARIETY CEREALS, Kelloggs 10 assorted pks., per pkg. **.45**

PUFFED WHEAT, Quaker, 2 packages for **.33**

ORANGE MARMALADE, Empress Pure, 2 lb. jar **.49**

CRABAPPLE JELLY, Shirriffs Pure, per jar **.33**

RED CURRANT JELLY, Shirriffs Pure, per jar **.39**

WAX BEANS, Aylmer Choice Cut, 15 oz. tins, 2 for **.39**

SLICED BEETS, Libbys, Choice Red, 20 oz. tins **.23**

WHOLE BEETS, Libbys Choice, Small, 20 oz. tins **.32**

PEACHES, Libbys Fancy Sliced, 28 oz. tin **.47**

APPLE SAUCE, Berryland, Choice, 15 oz. tins, 2 for **.39**